Transition

Essential Skills to Support Transition

Learning and practicing life skills is an important step for youth as they plan for transitioning to adulthood. Below are skills you and your young person should be thinking about.

While you look through these skills, keep in mind the following questions: Which skills can your youth **already do**? Which skills do they **need more practice with**? Are there skills they have **not begun to learn**? Or are there skills that they will **need ongoing support with**? What skills require **explicit instruction or specially designed instruction** and could be part of the IEP as a goal or transition activity?

Personal Life Skills



- Brushes teeth daily
- Showers daily
- Uses deodorant daily
- Combs/brushes hair
- Dresses themselves appropriately for the weather and occasion



- Can use a cell phone and knows how to charge and update as needed



- Can use an alarm on a phone, watch, or clock
- Washes hands when needed
- Asks for help when needed
- Makes choices and decisions about their own life
- Can recognize and report abuse, neglect, or danger



Emergency and Safety Skills



- Understands fire exits and what to do in case of a fire
- Knows when and how to contact 911
- Knows how to interact with law enforcement



- Knows what to do if locked out of the house
- Knows how to take care of minor wounds
- Can use a fire extinguisher
- Does not open the door to strangers or let strangers in



- Can lock household doors
- Turns off stove after use
- Avoids cars that are moving in parking lots
- Knows when and how to unclog the sink or toilet
- Knows to seek out trusted adults when needing help

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Nutrition and Dietary Skills



- Can make a grocery list and can look for the items in the store or online
- Knows the difference between healthy and unhealthy foods and drinks
- Can tell when food is bad (expired date, color, mold, etc.) and knows not to eat it
- Understands and generally eats a balanced diet by their own choice



Money Management and Financial Planning Skills



- Knows the value of coins and paper currency
- Can make a purchase with a card or cash
- Can do simple math and use a calculator
- Knows how to compare prices
- Understands the difference between needs and wants



- Knows how and when to file taxes
- Knows the importance of paying bills on time, including the impact of interest and late payment penalties
- Has a bank account and is aware of financial limits if receiving government benefits (i.e. Medicaid, Social Security, etc.)
- Understands the concepts of banking balance and over drafts
- Understands how to create and use a budget
- Understands a paycheck (gross vs net pay, deductions, etc.)
- Understands the benefits and risks of credit cards and when it is appropriate to use them
- Knows their social security number, when to use it, and how to keep it safe

Health Skills



- Knows how to get a prescription filled
- Can take medication without supervision and on time
- Keeps a calendar of medical appointments



- Can let someone know if they are not feeling well
- Can label body parts with correct terms



- Understands the need for and knows how to access various forms of birth control
- Takes care of menstrual period (knows how to use and maintain supplies)
- Knows their height, weight, and birthdate
- Knows how to find their health insurance card or information
- Understands what to do in case of colds, flu, or other common health problems
- Knows how to contact medical providers
- Understands consent and how to give and recognize consent
- Understands private places versus public places
- Understands private behavior versus public behavior

Interpersonal and Social Skills



- Introduces themselves to others
- Engages in back-and-forth communication with others
- Understands personal space
- Takes turns when necessary
- Accepts "no" for an answer
- Knows how to interrupt appropriately
- Expresses anger or frustration appropriately
- Knows how to resolve conflict or how to ask for help to resolve conflict



Household Skills



- Safely operates appliances (cooktop, oven, microwave, toaster, dishwasher, coffeemaker)
- Uses common kitchen tools (can opener, bottle opener, measuring cups and spoons, grater, etc.)
- Helps plan and prepare meals for self
- Puts dirty clothes in hamper
- Knows how to operate a washer and dryer
- Knows how to use laundry detergent
- Knows who to contact about major repairs (e.g., landlord, repair person, etc.)
- Operates a vacuum



- Can follow a simple recipe
- Can wash and put away dishes and/or load and unload the dishwasher
- Can clean kitchen (including counters, floors, and removing trash)
- Cleans lint screen after each drying cycle
- Folds clothes
- Puts their clothes away
- Cleans their bedroom, bathroom and other areas as needed
- Can do minor repairs (e.g., change lightbulbs)
- Picks up and disposes of trash
- Sweeps and mops floors





Community Skills



- Can use public transportation
- Knows to be alert in unfamiliar settings and at night
- Consistently wears a seatbelt
- Orders from a menu
- Crosses streets safely
- Keeps driver's license or state issued ID card updated
- Uses the post office
- Knows where to go to vote and how to ask for accommodations if needed



Adapted from the Parent Educational Advocacy Training Center's Life Skills Checklist

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